



French Spinach Frittata

Prep time: 15 minutes

Cook time: 15 minutes

Makes: 6 Servings

Scallions, spinach, and feta cheese are added to this classic oven-baked egg dish. Try substituting Cheddar, Swiss, or ricotta cheese for variety.

Ingredients

8 eggs

1/2 teaspoon salt

1/2 teaspoon black pepper

2 cups spinach (finely chopped, if frozen spinach is used , thaw and squeeze out excess liquid)

4 scallions (root ends discarded, green and white parts chopped into 1/4 inch-pieces)

1/4 cup crumbled feta cheese

Nutrition Information

Nutrients	Amount
Calories	121
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	251 mg
Sodium	313 mg
Total Carbohydrate	3 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	0 g
Protein	10 g
Vitamin D	1 mcg
Calcium	95 mg
Iron	2 mg
Potassium	280 mg
N/A - data is not available	
MyPlate Food Groups	
 Vegetables	1/2 cup
 Protein Foods	1 ounce
 Dairy	1/4 cup

MyPlate Food Groups

2 teaspoons vegetable oil

Directions

1. Preheat the oven to 350 degrees
2. Put the eggs, salt, and pepper in the mixing bowl and, stir with a fork until well combined.
3. Add scallions, spinach, and feta cheese and mix well.
4. Put an 8-inch ovenproof skillet on the stove over medium heat and when hot, add oil.
5. Pour the egg mixture into the skillet and carefully transfer to the oven. Bake until the eggs are set and the top is golden, about 30 minutes.
6. Serve right away or cover and refrigerate overnight.

Notes

Cheddar, Swiss, or ricotta cheese can be used instead of feta

Source: USDA Center for Nutrition Policy and Promotion